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## Consider your child's spine this Back to School season

In late January, millions of Australian children get ready to go back to school. With kids spending nearly 200 days at school each year, it is important they are mindful of their health when in school, especially their spine.

The Australian Chiropractors Association (ACA) have developed a 'Back to School Health Checklist' to remind both children and their parents of the healthy habits that they should be practising all year round. ACA President Dr Anthony Coxon is encouraging people to collect the checklist so they can not only tick off their school supplies list but their health one as well.

"This checklist is a great way to remind kids of the importance of building healthy habits at school. They are simple to incorporate and easily fit into a child's everyday routine. For instance, packing a healthy lunch, getting 60 minutes of daily physical activity and wearing the backpack correctly," Dr Anthony Coxon said.

The Health Checklist also reminds kids to reduce their recreational screen time, sit correctly in the classroom and consider chiropractic care.

"We are asking parents if they are concerned about their child's spine or would like advice on any other back to school related issues, like sizing the backpack or how to sit at desks to consider our chiropractic services."

This comes as the ACA launch their annual Back to School campaign, which seeks to educate Aussie kids of the importance of maintaining their spinal health and wellbeing throughout the year, but especially in school.

"Kids aren't often aware of the impact that common activities like sitting in a classroom, carrying a heavy bag and excessive screen time, can have on their overall health and wellbeing."

"Chiropractors are well placed to assess and manage disorders of the musculoskeletal system and offer solutions and advice regarding your existing spinal health issues or how to improve overall health and wellbeing."

If you're concerned about your child's spine or any other back to school related activities, book an appointment with your local ACA chiropractor.

The annual ACA Back to School campaign is designed to educate parents and their children not only on how to best wear and fit a backpack, but how to maintain a healthy, spine safe lifestyle all year round. For more information on ACA's Back to School campaign, visit [backtoschool.org.au](https://backtoschool.org.au)

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**Media Contact:** Ariel Tate | 02 8844 0400 | [ariel.tate@chiro.org.au](mailto:ariel.tate@chiro.org.au)